

Health Bulletin

Study Looks At Weight-Loss Medication And Diabetes

(NAPSA)—A new study shows that a mildly reduced-calorie diet and a weight loss medication can help control type 2 diabetes and decrease daily doses of insulin.

The data presented at the 61st Scientific Sessions of the American Diabetes Association support previous studies that show Xenical® (orlistat) not only helps patients with type 2 diabetes lose weight and lower blood sugar levels, but certain patients also are able to reduce taking insulin or diabetes medication.

“The evidence supporting Xenical’s ability to improve the overall condition of patients with type 2 diabetes is extremely positive,” said George Bray, MD, lead study investigator, Boyd Professor, Pennington Biomedical Research Center, Baton Rouge, La. “New data further illustrates the important role that Xenical plays in treating overweight patients with this condition.”

Weight is the most important critical risk factor for the development and progression of type 2 diabetes. However, of the estimated 15.6 million people with type 2 diabetes in the U.S., 67 percent are either overweight or obese. Some diabetes medications, such as sulfonylureas and insulin, can cause unfavorable weight gain in patients with type 2 diabetes.

Effective weight management is an essential component of long-term treatment of the disease. Weight loss—even as little as five to ten percent—improves control of blood sugar levels and other cardiovascular risk factors commonly seen in patients with this condition.

“This is an important study as it shows that Xenical actually reduces the risk factors associated with the disease,” said Bray.

The U.S. Food and Drug Administration (FDA) is currently



People with type 2 diabetes may be able to take less insulin if they’re able to lose more weight, a study shows.

reviewing an application for a new indication for Xenical for the improvement of glycemic control (blood sugar control) in overweight or obese patients with type 2 diabetes when used in combination with other antidiabetic agents. This application is supported by findings from seven large multicenter trials involving more than 25,000 patients with diabetes and studies up to one year in duration which are among the largest and longest for antidiabetic drugs.

Xenical is currently the sole prescription weight loss medication being used in Look AHEAD (Action for Health in Diabetes), the first long-term study to examine the effects of weight loss in people with type 2 diabetes. The study is funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH).

Editor’s Note: Fair balance statement. Xenical is unlike other weight loss medications because it is not an appetite suppressant. It is the most extensively studied pharmacological weight management treatment to date with more than 30,000 overweight or obese patients participating in clinical trials with Xenical.

Since Xenical prevents about one-third of the fat in the food consumed from being absorbed, patients may experience gas with oily discharge, increased bowel movements, an urgent need to have them and an inability to control them, particularly after meals containing more fat than recommended.

Xenical should not be taken if patients are pregnant, nursing, have food absorption problems or reduced bile flow. If taking cyclosporine, patients should speak to their doctors before taking Xenical. Xenical reduces the absorption of some vitamins. Therefore, a daily multivitamin is recommended.